

~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

INCLUDING *Spiritual Growth For You*
SEE OUR WEBSITE www.spiritualgrowth4u.com



Monthly Newsletter for September 2009

Hi everyone! Spring officially begins on Tuesday so remember to look for the small wonderful things that will be appearing such as blossoms on trees, daffodils, and lambs frolicking around if you're lucky enough to get out of the suburbs.

We start the month with our Reading Day this coming Saturday (the 5th September) with readings as usual from 10.30am through to approx 2.30pm. Our experienced mediums will be available for 20 minute readings for a low \$15 so do come along and take the opportunity to have a one to one reading. Spiritual Healing will be freely available and there will be a chance to ask questions about our other classes etc or just of a general nature. We look forward to seeing you!

Wednesday 9th September sees another of our popular Numerology Evenings, thanks to Ngaire Lovell for hosting this night. Ngaire has a great understanding of numbers and their influence in our lives. Remember to bring along pen and paper so you can make some calculations for yourself, friends and family during the evening.

Our second Wednesday event for the month is a Clairvoyance and Psychometry Evening on 26th September. Dianne will take this evening. Bring along a personal article to put in the psychometry box for a reading. Both Wednesday night events are by donation please.

What is a Body ?

To the enquirer, mention of many "Body" names is apt to be confusing. Spiritualism believes in the etheric body as the doubt of the physical body, the two being coincident throughout earth life; the whole being supported and animated by the spirit (ego or thinking part) which is indestructible and assumes other bodies as suits of clothes appropriate to the plane of existence.

What is Mind ?

That part of us which can think. Not to be confused with the brain of flesh and blood. There is only one brain to each body yet mediumship makes us realize that many different minds may control the same brain and body in turn. It also shows that the mind is independent of the brain, it continues after the body's death. The Great Mind of the Universe is trying all the time to promote growth and creation at all material levels.

What is a Soul ?

The essence of the personality which animates the body. It carries on living in a finer body – the etheric body – after we die. In its usual sense it means the indestructible part of the personality. Spiritualists know that at death the soul leaves the physical body and continues to function in the spirit world. It possesses a finer body, the etheric (astral or double) with which the soul is often identified in Spiritualist terminology, but it is realized that the soul itself will endure many successions of "bodies" in different states of being.

From "Questions and Answers on Spiritualism" published by The Spiritualist Association of Great Britain

Thought for the month. . .

"Life is never boring, but some people choose to be bored . . . boredom is a choice"

From *Staying on the Path* by Dr Wayne Dyer

What's on in September ?

Reading Day Saturday 5th Sept 10.30am - 2.30pm
\$15 for a 20 minute reading.

Numerology Evening Wed 9th Sept 7pm - 9pm

Entry by donation, bring along pen and paper!

Awareness Class Sat 12th Sept 10am to 3pm
Cost \$5 for members \$10 non-members.

Beginner's Circle Sunday 21st Sept 11.45am to 3pm
Cost \$5 for members \$10 non-members

Clairvoyance Night Wed 23rd Sept 7pm to 9pm
Bring along an article for a reading. Donation please.

Regular Weekly Events

Healing Class - \$5 donation per class

Tuesdays 7pm-9pm : 1st, 8th, 15th, 22nd & 29th Sept.

Healing & Fellowship Group - \$5 donation

Fridays 11am-12.30pm: 4th, 11th, 18th & 25th Sept.

Mediation Class - \$5 per class (door locked 7pm)

Fridays 6.45pm-9pm: 4th, 11th, 18th & 25th Sept.

On platform in September (service 7pm-8.30pm)

Sunday 6th Dianne Allen

Sunday 13th Janet Mullineux

Sunday 20th Kay Moore

Sunday 30th Mary McMillan

Service commences at 7pm sharp and includes spirit healing and demonstrations of spirit communication.



Phases of the Moon during September

Full Moon : Saturday 5th Sept 4:02 am

Last Quarter : Saturday 12th Sept 2:16 pm

Full Moon : Saturday 19th Aug 6:44 am

First Quarter : Saturday 26th Aug 4:49 pm

SUN INTO LIBRA : Thursday 24th September

IT IS AMAZINGLY EMPOWERING TO HAVE THE SUPPORT OF A STRONG, MOTIVATED AND INSPIRATIONAL GROUP OF PEOPLE

If you are cringing with the realization that the people in your life belong in the weak, stuck and depressed category, don't worry. *Awareness* of this fact is the key to the solution. Most of us are *not* aware that we belong to the moan-and-groan crowd until we stop moaning and groaning. When we become aware, things automatically start to take care of themselves.

How? It's quite simple. As you begin to grow, you will notice you no longer want to be around depressing people. Negativity is contagious, and you walk away feeling lousy after spending time in the company of a negative person. Positiveness is contagious as well, and spending time with a positive person makes you feel as though you can sprout wings and fly. Soon you'll be discerning. Energy is tangible, and as you become more aware, you will "feel" if a person is positive or negative. The people in your life are a good indicator of where you are operating on an emotional level. Like attracts like. As you begin to change, you will automatically draw and be drawn to a different kind of person.

From "Feel the Fear *And Do It Anyway*" by Susan Jeffers

Creation and Creation Goddesses

Down-pointing triangles are similar creation symbols that represent goddess and female fertility and sexuality, the womb and vagina. They are the delta or mound of venus, the most fertile land in agriculture, and the passage through which creation and all life emerges. Goddess figures from dozens of cultures emphasize the female triangle, but much of this symbolism is also represented in the circle and carried over into the spiral, maze or labyrinth that with the seashell and moon-egg are the infinite womb of the great mother.

Spirals begin at the centre, the point of beginning and creation at centre that is the dot of Neolithic circle paintings. They radiate outward in ever increasing and infinite moving coils, the coils of the snake and the continuing of circles. They are the process of creation and birth, of the passage from the hidden to the seen, from the dark inner egg or dark moon to the light of hatching, birth and fullness. They are the emergence from marine chaos to the created earth and moon, from the sea to the land, from the womb to the manifest world. Like the egg-circle-moon or seashell, snake and sea creatures, spirals are found universally as symbols of goddess creation. They are representations of the inner hidden lunar life and the underground, undersea or womb world. Spirals are the transformations of birth and death, and the process of moving changes in between; they are also rebirth and reincarnation when seen reversed, as moving from the outside to within.

NEXT MONTH – More on spirals

From Diane Stein's "Guide to Goddess Craft"

Libra is the seventh Sign of the Zodiac, and it is at this point in the Zodiac that we start to see a shift. While the first six Signs of the Zodiac focus on the individual, the last six focus on the individual's contact with others and with the world. Librans are first and foremost focused on others and how they relate to them. We can call this the Sign of partnership with a capital "P" because these folks do not want to be alone! For a Libran, everything is better if it's done as a pair. Librans are good when paired up, too, since they epitomize balance, harmony and a sense of fair play. While they are true team players at work, their favourite partnership is at home. Librans feel most complete when they are coupled up with their lover, forever.

It's the Scales which symbolize Libra, and just like that balancing mechanism wants to stay even, Librans want to be on an even keel. Think of the Scales of Justice and how they work at striking the right balance. Likewise, Librans are objective, just and want to do what's best for everyone. It's possible though that this penchant for fairness is for a different reason: Librans abhor conflict. The Scales study every possible angle in the hopes of achieving peace and harmony, so much so that others may see them as fickle and indecisive. If that's what it takes to avoid a confrontation, that's fine with the Scales. The Libra-born are keen strategists, organizing groups with poise and getting the job done (in keeping with the Cardinal Quality assigned to this Sign) Further, you can expect the Scales to be companionable, sociable folks.

Libra is ruled by the Planet Venus. In ancient roman mythology, Venus was a smooth seductress who was at her best amid pleasurable excess. Well, Librans are certainly carrying the torch for her today. The Scales are cultured, refined and love beautiful things. Most of all, they love beautiful people, which is why Librans do so well at cocktail parties or at the theatre, opera or ballet. Those born under this Sign always have the right thing to say and know how to make others feel comfortable. Suave? You bet. Librans are so adept at charming conversation that they need to be mindful of overstepping their boundaries and appearing vain or gossipy (the Scales do love intrigue) When these folks are on their game, however, they are a pleasure to be with. Librans are artistic, stylish and enjoy creating a beautiful world. The converse of this is that bored Librans can become apathetic and lazy – but they'll smile anyway.

The element associated with Libra is Air, and that means reaching higher, specifically to the higher mind. Librans like to put their mind to good use, and enjoy communicating their thoughts to others. They like to use their smarts (and talk) to get to know others better – yes, knowledge about people is where it's at for Librans. You can expect the Scales to make a fair argument too since they live by the principles of diplomacy and compromise. When this approach doesn't work, however, Librans are not above using their persuasive charms to get their way. Manipulative? Nah, Librans really are too nice for that. Plus, any end-runs that these folk use are usually to build themselves up, since the Scales can be easily deterred. Librans are polite and don't like to fight, far preferring to talk things through. Remember, these folks know how to communicate (they're Air) so they're bound to make their point. Librans don't get in a huff when faced with an opposing viewpoint. Rather they take a deep breath and consider all the options in the spirit of co-operation.

Next month : Scorpio

~ ~ MEMBERS CONTRIBUTIONS ~ ~

ENLIGHTENMENT

There is much conjecture about the meaning of this word. When you break it down what does it mean? To light up? To lighten? But to lighten what? Light up what? There is a misconception in the word used by many in this world to enhance their own teaching, to make them appear to be more knowledgeable than they really are. We say to you enlightenment is purely a sense of oneness. There is no sudden achievement, there is no sudden recognition, the light does not "switch on". It is a state of being-ness, of the beings who you truly are.

Be aware within yourselves the next time you hear this word spoken, and in what context. Do you wish to be enlightened? Are you striving for enlightenment? All we ask is for pure connection with the divine force, the universal power of which you are a part.

You are the power, you have ultimate power within you, this is what you need to understand.

You are the light. There is only oneness, there can only be the oneness of which you are a part of the whole. You are all whole, you are all one.

The act of enlightenment is but purely a description of what those who wish to attain are not attaining. Release the thought forms you have around this word, it is unnecessary. You know all there is to know about who you are. When you go within this is what is required so you may re-experience that which you have come from, that which you are.

Expand your own being-ness and you will experience more of pure oneness. From this stage you may achieve that which you are looking for, that which has seemed unattainable. Trust that you know all that you are without question. Let the information flow as if it were a tap – just turn it on.

Monday night group Inspirational Speaking (Nov 2006)

PERSEVERANCE.

No lessons in life are learnt without perseverance. Look at the young child, how many times it must do something before they accomplish it. For every time you stumble it allows you the time to stop and think and go back to the way it should be. Don't accept the set backs as barriers. See and accept them as challenges, for this is your growth and this is your path.

Once you accept the path, the road becomes defined, the goals are defined and progress is sure. Continual movement forward does not allow time for boredom or laziness, for in constant striving there is constant involvement, and gathering of knowledge.

Accept all that comes for if it doesn't fit today, it will fit tomorrow. Continue with whatever journey you started and continue until you have satisfaction, completion, and with that comes the joy and the knowledge that you have striven for, and gained.

- MORE RULES OF THE UNIVERSE -

- A balanced diet is a chocolate in each hand.
- Middle age is when broadness of the mind and narrowness of the waist change places.
- Opportunities always look bigger after they have passed.
- Junk is something you've kept for years and throw away three weeks before you need it.
- There is always one more imbecile than you counted on.
- Experience is a wonderful thing. It enables you to recognize a mistake when you make it again.
- By the time you can make ends meet, they move the ends.
- Thou shalt not weight more than thy refrigerator.

CONNECTION . . .

This is something we all have to do to obtain knowledge of the human soul.

Whenever we seek we will find

We look into the depths at times, for images are not always on the surface

The God connection is not easy to find, but look within oneself and do not be surprised at what comes forth

We don't know if the search will be short or long, but time in Spirit is not known to us.

When we come to you do not hesitate for all is well when we meet.

The time on life is not always the same, as we take our own pathway no matter what

Honesty is always the best, for without it we are lost in the wilderness .

Lessons will be learned.

Please do not discount any no matter how small.

Give us this day our daily bread meaning one day at a time in many things.

The purity of light will always surround you.

(Thank you Reg for sharing this with us)

~ ALL IS WELL ~

All is well in your world

Have no fear of the unknown

It is true that you create your own reality

And nothing is ever wasted.

Focus on self

Feel the love inside and the love that flows to you from those you love, both on the earth plane and those in the

spirit realms

It is a never-ending circle of love and support

Ever growing stronger.

Inspirational Writing Lesley H.

*** Creating your Sanctuary ***

SPIRITUAL LAWS PERTAINING TO TRUTH

- ❖ Our conclusions should be in conformity to known facts.
- ❖ We should be sincere in our aspirations.
- ❖ We should be honest and straightforward in declaration.
- ❖ We should actively seek to understand and express in our lives what we believe to be true.
- ❖ We must be ever ready to admit a mistake and amend our beliefs as we gather new knowledge.

THE GIFT OF UNDERSTANDING

You seek knowledge, you seek for understanding. You will not find it in books but in the universe, in life, through reading men's hearts with tender love; through surrendering to the gentle ever-growing light of Christ in the heart.

You can pray for no more precious gift than understanding, for when understanding comes there is no more condemnation, nor harsh judgment, but ever-growing love.

All men consciously or unconsciously are seeking understanding of God's laws, understanding of God's love, and of the mystery of man's own complex nature. At whatever stage we have reached on the evolutionary path, we still see before us further golden peaks to climb. Life is every unfolding, and as the vision unfolds understanding comes.

Never pass judgment on another, for you cannot see the whole picture, and if you could see, then you would not judge. If you continually look to the gentle love of the Christ-heart you will judge only yourself.

Gentleness, kindness, patience is the way. Know that in every individual soul, both on earth and out of the earth-body, dwells the divine light, the Christ in embryo, waiting to come forth, and you and we can bring it forth. We can assist in the birth of Christ.

Meditation

We give you a vision now of our brethren, your brethren, kneeling round the altar in the temple of the Star. With hands together, uplifted, they are worshipping the ever-growing light of the jewel within the lotus . . . In this jewel, lying so pure and still in the lotus of the heart, you will learn to read all wisdom. You will learn to go direct to the jewel, and there, in a timeless flash, you will comprehend truth, not with the mind but with the heart.

From The Still Voice, The White Eagle Publishing Trust

Behavior is a much better barometer of what you are than words.

One of the first things you should do when you start using creative visualization is to create a sanctuary within yourself where you can go anytime you want to. Your sanctuary is your ideal place of relaxation, tranquility and safety and you can create it exactly as you want it.

Close your eyes and relax in a comfortable position. Imagine yourself in some beautiful natural environment. It can be any place that appeals to you . . . in a meadow, on a mountain-top, in the forest, beside the sea. It could even be under the ocean, or on another planet. Wherever it is, it should feel comfortable, pleasant and peaceful to you. Explore your environment, noticing the visual details, the sounds and smells, any particular feelings or impressions you get about it.

Now do anything you would like to do to make the place more home-like and comfortable an environment for you. You might want to build some type of house or shelter there, or perhaps just surround the whole area with a golden light of protection and safety, create and arrange things there for your convenience and enjoyment, or do a ritual to establish it as your special place.

From now on this is your own personal inner sanctuary, to which you can return at any time just by closing your eyes and desiring to be there. It is also a place of special power for you, and you may wish to go there every time you do creative visualization.

You may find that your sanctuary spontaneously changes from time to time, or that you want to make changes and additions to it. You can be very creative in your sanctuary and have a lot of fun there . . . just remember to retain the primary qualities of peacefulness, tranquility and a feeling of absolute safety.

From "Creative Visualization" by Shakti Gawain"

YOUR COMMITTEE IS . . .

President : John Reid ph 263 8899

Vice President : Richard McAdams

Secretary : Reg Litherland ph 278 3715

Treasurer/Newsletter : Lesley Haslip ph 296 5489

Website : Linda Reid ph 263 8899

Other Committee Members : Sandy Wickman, Doug Anderson, Matt Tod, Linda Gardner and Joan Simpson

DON'T FORGET. . .

- ✓ **Reading Day Saturday 5th Sept 10.30am**
- ✓ **Numerology Evening Wednesday 9th Sept 7pm**
- ✓ **Awareness Class Saturday 12th Sept 10am**
- ✓ **Beginner's Circle Sunday 20th Sept 11.45am**
- ✓ **Clairvoyance Evening Wednesday 23rd Sept 7pm**